

# **Employee Assistance Program**

## **Online Self-Help Assessment Tools**



Looking for tools that can put you on the path to a healthier, happier you? The assessments below can help to identify symptoms and behaviors, determine the appropriate next steps, and point you in the right direction for generating a healthy lifestyle!

- **Alcohol/Substance Abuse:** Take an alcohol use self-assessment to better understand your drinking habits. Its purpose is not to diagnose you with an alcohol use or abuse problem, but it can help you evaluate your drinking habits and understand whether you may benefit from seeking help.
- **Depression:** Take this self-assessment to see if you have any symptoms of depression. This assessment can't give you a diagnosis of depression, but it can help you evaluate your mood, so you can seek treatment if necessary.
- **Wellbeing Assessment:** This online survey assesses your emotional and physical health, work environment, healthy behaviors and gives you an understanding of your overall wellbeing. It also helps you identify any problem areas and ways to improve to achieve the best possible quality of life.

**Register online:** [www.eap4soc.mhn.com](http://www.eap4soc.mhn.com) / **Company code:** soc

**Call your EAP 24 hours a day, 7 days a week for help: 1-866-EAP-4SOC**

**TDD: 1-800-327-0801**